

## Skipping Rope Challenge



### Bunny Hops

Hop over the rope  
on one foot



### Flashback

Swing the rope in the other  
direction, jumping backward



### Run It

Run or jog forward over the  
rope



### Firecrackers

Jump as fast as  
you can



### Jump Rope Jacks

Jump with feet together  
then feet apart



### Twister

Twist body to one side and  
then the other when jumping



### Ski Jumper

Spread the rope on the floor  
and jump side to side over it



### Crisscross

Criss cross legs on every  
other jump



### Donut Jumps

Make the rope into a circle on  
the ground, jump into the circle  
then out



### Crossovers

Cross arms on every other  
jump